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Bangalore Mirror ON SATURDAY

TEMP Max 24 | Min 20 | Humidity 89% Generally cloudy sky and rain Sensex 58,387 | Nifty 17,397 | Gold 52,080 | Silver 57,900 | Dollar 79.22 | Euro 81.04 | GBP 96.19

BM looks at allegations of abuse and torture at unlicenced rehab centres as patients, experts recount horrifying tales

FULL MENTAL JACKET

Karnataka Private Medical Establishment licence a must

| Melvin Mathew
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TWEETS @BangaloreMIRROR

According to mental health experts, the prevalence of unlicenced de-addiction centres may be harming those who need proper rehabilitation while negatively affecting the public perception of such centres at large.

While de-addiction centres are vital to rescuing patients from substance abuse and alcohol addiction, a few that engage in unscientific and unlicenced operations are also known to be violent and cruel to patients.

If the patients are brought in by their parents or relatives, they cannot leave on their own. It will require the consent and approval of the parent/relative to discontinue the treatment. Being considered unfit to take life decisions, a patient in such centres is at the mercy of the management.

"I have heard of centres tying-up patients, physically assaulting and locking them up for a long time with food served infrequently

– Dr Vikram Arunachalam, consultant psychiatrist (BBMP)

Bangalore Mirror spoke to a victim who recounted his tale inside one such rehabilitation centre. Rahul* told BM that his time at the facility was a really discomforting experience. "In 2019, I was part of a rehab programme at a centre where the patients were treated inhumanely. We were given three mugs of water to take a bath. A bath was permitted only once every three days. They would give us pills

CONTINUED ON PAGE 8 »

PAGE 7

HAS BBMP LOST THE PLOT?

Palike gets PHC built at Kowdenahalli site bought by persons 30 years ago

Discovery SCHOOL SUPER LEAGUE SEASON 5 BYJU'S
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3 THINGS TO DO

01 Reflections and more

RS Connect in collaboration with Kabir Project is back with yet another exciting presentation: Begam Des Hamaara – An unbounded Country. In song after song, Kabir says – 'chalo hamara des', come to my country. It is an invitation to step into a wondrous country unmarked by borders and devoid of pride. At this Sunday's RS Connect in collaboration with Kabir Project, poet Prashant Parvatneni will reflect on what it means to find that unbounded country, within and without.
Where: Ranga Shankara, JP Nagar, Bengaluru
When: Aug 7, 5.30 pm – 6.30 pm; Entry: Free

02 Pop-up fun

Check out Stree Shakti - a woman empowerment pop-up at Indiranagar Club. The exhibitors will include businesses in sustainable home decor, hand-painted kalamkari, pottery, jewellery and F&B. This project will also support the tribals of Melukamanahalli in Bandipur. The goal is to help them build a self-sustaining ecosystem and all proceeds from Stree Shakti will go towards this cause! **Where: Indiranagar Club; When: Aug 6, 11 am to 6 pm**

03 Groove in style

Phoenix Marketcity Bengaluru, is all set to host a mesmerising performance by the legendary calypso king Sumit Roy. Roy is a nationally acclaimed composer and singer, who has been winning the hearts of many over decades with his soulful renditions of some of the evergreen compositions of musical legends from all around the world. A legendary veteran singer, performer, composer, and mentor, he has performed in Alaska, Us Virgin Islands, Las Vegas, New York, Barbados, Bangladesh, etc.

Where: Courtyard, Phoenix Marketcity
When: Aug 6, 6:00 pm onwards; Entry: Free

Preschools, back in biz

Teachers and staff report increase in admissions at nurseries after two years; say it is due to parents wanting their kids to step out of home

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Admission to preschools have increased by 20 – 30 per cent and parents, kids, & staff are happy

After a long hiatus of more than two years, preschools in the city are seeing an increase in their admissions, and tiny tots, parents, and school teachers are happy.

Parents say that with offices opening, dropping their children in preschools is better than leaving them alone at home. Some of the parents also say that they prefer their kids know the basics before they enroll them into schools. The preschools say that post covid, the numbers have improved significantly. Gagana, M Gowda, centre head, Little Millenium Rukmini Nagar, said, "Compared to the last two years, the admissions have increased by 20-30 per cent. We are seeing regular attendance and the children are also very happy to come back. The timings are from 9:30 am to 12:30pm. Now that covid cases have started, we are taking all the precautions. The teachers are vaccinated, and we use sanitisers and wash our hands regularly."

Archana Aravind, Branch head, Wow Kids Lets Fly, added that when they started their preschool, it was covid time so there were no admissions. But now, they had 31 admissions.

"We are taking all the precautions, the toys are cleaned regularly, and we ask the children to wash their hands, and all the teachers are vaccinated."

Pruthvi Banwasi, secretary, Karnataka Council of preschools, said that many who were still working from home, wanted their children to be in preschool.

Some parents who are still working from home want their kids to be occupied in preschool say teachers

"The admissions have increased in pockets, in IT corridors, sometimes when the parents are working from home, and they need their kid to be in school. Places like Sarjapur Road, Whitefield have seen an increase, however, in the non-IT places, the increase is not so much, one reason might be because people have figured out that even if they are not admitting their kids to preschool, they will get admission directly to school. Moreover, some of the parents also think that what can be taught to such a small kid. So, there are a lot of preschools where the admissions have increased so much, while there are preschools which have even closed down."

The parents say that they feel dropping their kids in preschools is a good option, because while they are busy, their kid will have others to play with instead of getting bored.

Revathy S, an IT professional, said, "My husband's office as well as mine have started. So, we will both be busy and there will be no one to attend to our daughter. So, dropping her to preschool is a good option because while we are busy, she will have people to play with and she will also learn a few things, and make friends which is much better than her being alone in the house."

Seeing the world again, with hope and light

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Doctors fixed his retinal detachment and also treated the tumours

A 16-year-old boy, Ganesh (name changed) was born with a hereditary disorder that would eventually render him blind. But today, he has been given a fresh chance at life by getting his eyesight back, courtesy Bengaluru surgeons.

Ganesh, from Kalaburagi, was born with a condition known as Von-Hippel Lindau (VHL) disease. The disease had led to a retinal detachment which was further complicated with abnormal growth of retinal blood vessels and associated scarring.

Owing to the condition, the boy started losing his vision at the age of three and went completely blind in a few years.

"I had completely lost my eyesight a few years ago and had a blind certificate. My vision in both eyes started worsening from the age of three. Owing to financial constraints, my family could not get timely treatment, and soon I had lost my eyesight completely," said Ganesh. The 16-year-old also lost two siblings and his parents to the disease a few years back. Ganesh lives with his grandmother, the only surviving member of the family.

"VHL is a hereditary condition associated with tumours arising in multiple organs mainly in the brain, spinal cord and retina. This genetic disorder has a high risk of getting transmitted to children. It is a rare disorder that affects one out of every 36,000 individuals," said Dr Mahesh Shanmugam, Sankara Eye Hospital, who gave Ganesh a new lease of life.

Ganesh was born with VHL disease and started losing his vision progressively from the age of three

According to the experts, the only way to overcome the disorder is through early detection and treatment. "Treating VHL involving the retina can be challenging, however with advanced facilities and know-how, we can minimise the risk," said Dr Shanmugam.

Through the surgery, the doctors fixed the complicated retinal detachment in Ganesh's eyes and also treated the multiple tumours with laser therapy to prevent them from causing any further damage to the eye. Ganesh can now see and is leading a normal life.

Stamp paper scam redux?

11 arrested, fake documents worth Rs 5.1 lakh seized from stall running at Kandaya Bhavan

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The Special Inquiry Wing of the Central Crime Branch (CCB) busted a racket of organised syndicate of fake stamp papers operational under the nose of the Revenue Department office in Kandaya Bhavan in the heart of the city and arrested 11 people involved in printing and selling duplicate government prohibited stamp papers.

The sleuths seized fake stamp papers of various denominations - a total worth Rs 5.11 lakh which were being sold to middlemen who transacted with real estate businessmen in dire need of back-dated documentation using these stamp papers. The CCB says this racket would be running to around Rs 1.33 crore.

Based on a complaint from a CCB official, the Halasuru Gate police have taken up a case and are probing the magnitude of the scam.

According to CCB sleuths, the gang members involved in printing and selling fake stamp papers operated at the typing pool - a stall-like set-up where a group of typists who would sit collectively at basements of government offices like courts and revenue departments for the help of citizens and advocates by typing and drafting property related documents, notaries, gazetted attestations, required for legal documentation process.

Bogus papers

CCB officials received information that a few such stalls at Kandhaya Bhavan were making prohibited stamp papers and even mentioned back-dated dates and years of their choices to facilitate bogus documentation and sold them illegally to customers.

CCB's Special Inquiry officials carried out a raid and detained 11 men. The raids yielded around 2,664 fake stamp papers of various denominations. Along with the fake stamp papers, the CCB also seized a computer, printer, mobile phones, hard disks, and rubber stamps of various governmental offices including that of the revenue department along with 119 fake seals of various other government departments. The team also seized a fake GPA documentation of 1990, and other GPA documentations of 1995, 2002, and 2009, all of them pertaining to sites in Bengaluru.

One of the documents contained a thumb impression of a victim.

The shady deal

On interrogating the accused, the police learnt that these fake stamp papers were being sold to brokers/middlemen who would further sell it to wanted customers who would be ready to shell out at least Rs 5,000 to Rs 8,000 for a single stamp paper which would have back-dates according to how they want, the CCB police said.

Old franking papers were also being prepared so that they become a part of a pre-dated valid documentation that used to exist in the past, but was banned for many years after the Telgi scam surfaced.

Preliminary inquiries revealed the racketeers had good networking among the typing pool and they in-turn hand over the fake stamp papers to brokers/middlemen/agents, who used to prepare fake documentation on stamp papers using previous dates and claimed to become beneficiaries of the said property after which they submit the same documentation at courts and various governmental departments and minted money by committed fraud.

The CCB sleuths have also seized four fake property documents, and they are probing who sold these stamp papers to whom and which fake documents have been created using the fake stamp papers.

Dentist throws mentally-challenged daughter from 4th floor

In a shocking incident, a dentist and wife of a software engineer hurled her mentally-challenged daughter down the fourth floor of their apartment building in Sampangiramnagar on Friday. The child is said to have been speech impaired and it is said that the mother thought her child had become an impediment to her progress in her career.

The deceased child is identified as four-year-old Jithi. The police have booked the woman for murder and have taken her into custody.

According to the police, the incident happened on August 4. The woman Sushma Bharadwaj, is said to have also attempted suicide after throwing her daughter down, but she was rescued.

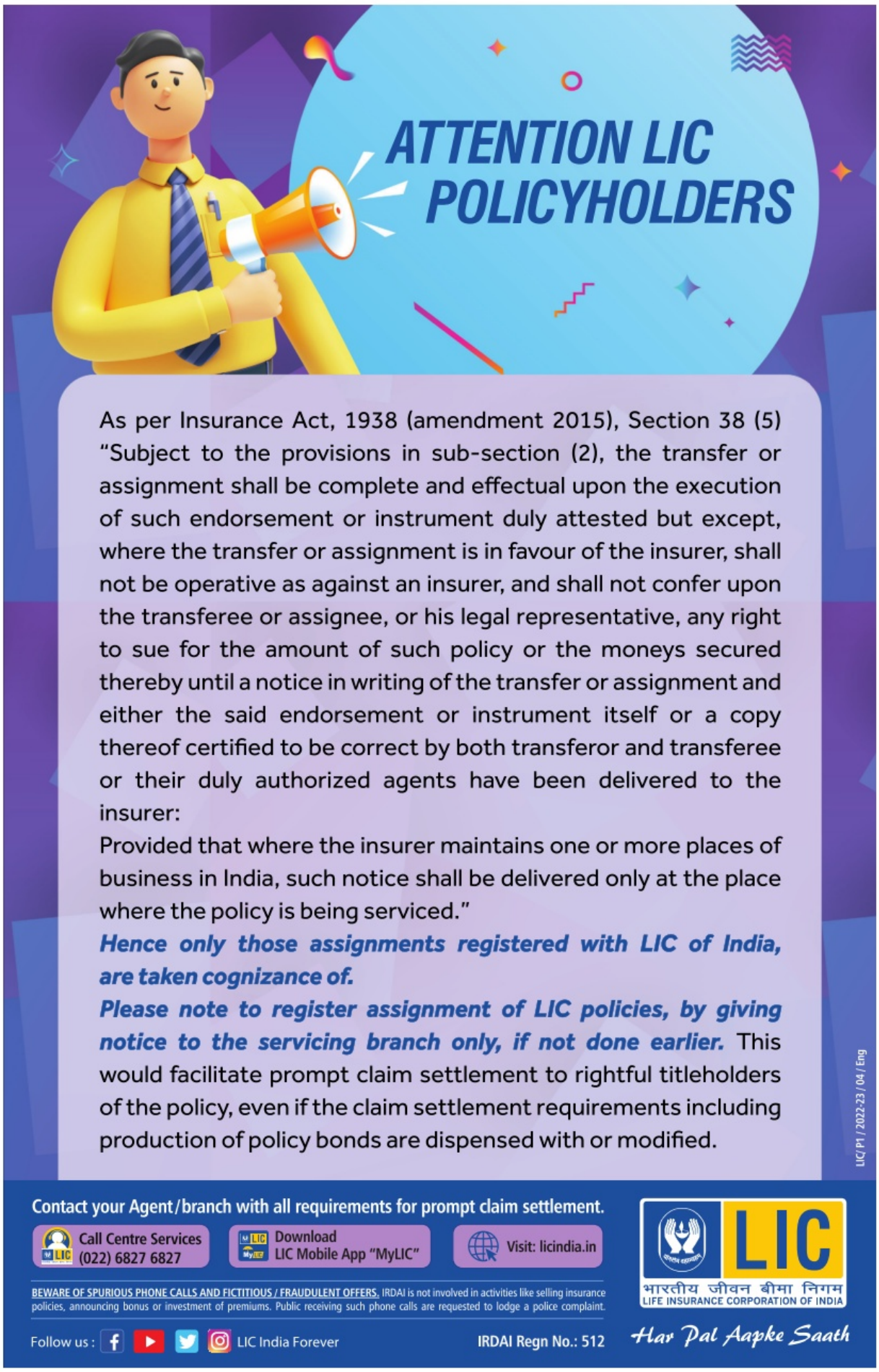
The police have arrested Sushma, following a complaint by her husband Kiran, father of the child. The couple stay in the fourth-floor flat at Advaith Ashraya apartment in CKC Garden, the police said. Kiran works as a software engineer and Sushma as a dentist.

Police explained that Sushma had attempted to abandon the kid at a railway station recently as she is mentally challenged. Kiran had immediately rushed to the railway station and rescued the child.

The entire episode of the accused mother taking the hand of her daughter and walking on the balcony and throwing her down had been captured on CCTV.

The neighbours who noticed that the accused mother tried to jump off the common balcony, rushed and dragged her inside from the railings.

The child had died on the spot after falling from the fourth floor. Police have taken up further investigation of the case. —BMB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Green hotspot for property buyers

Bengalureans opt for a greener locality when they are buying plots. They want to live near the city but amidst the greenery. So Nelamangala, Hesaraghatta and Railway Gollahalli areas are attracting people who want to live in a serene atmosphere. This area is known for Hesaraghatta lake, grasslands, and natural beauty and the farms developed by the horticulture department are the main attractions for the buyers of this area.

Green Belt: Pollution is increasing in the central part of the city and people are migrating to greener areas. In this regard, Hesaraghatta has made a lot of progress, and the infrastructure here is improved.

Excellent connectivity is also a boon here. The nearby airport, railway station and road transport of Hesaraghatta have made it a convenient location for the people. Hesaraghatta has also received positive feedback from people from various areas. As it is in the green belt of North Bengaluru, the availability of water is good and air and climate are supportive here. Compared to the centre of the city, population here is lesser and people can live peacefully. The area also gets good ratings in terms of public transport, parking, connectivity, availability of schools, hospitals, restaurants and markets, safety, cleanliness, etc.

Peripheral Ring Road

The developmental works on Nelamangala and Tumakuru roads are directly or indirectly linked to Hesaraghatta. The Peripheral Ring Road is connected to 10 main roads and highways. Among these Hesaraghatta-Doddaballapur Road, Hennur-Bagalur Road, Hoskote-Anekal Road, and Sarjapur Road are included. The Bengaluru-Mumbai Economic Corridor, which connects to Nelamangala, is also supporting the development of Hesaraghatta. Along with this, the metro expansion projects have also increased the development activities here.

The right time to buy

Now the plots in Hesaraghatta are available at affordable rates. As this is the closest area to Bengaluru city, demand for plots has increased. When developing plots in the outskirts, permission from BDA and BMRCL and the local authority is essential. Buyers must confirm all the approvals when buying the plots here.

Top choice of property buyers

Hesaraghatta is among the more serene neighbourhoods of Bengaluru

- Beautiful environment
- Historical Hesaraghatta lake
- Grassland has more than 120 bird species
- Indian Horticultural Research Institute
- Infrastructure Projects
- Excellent transport system through train, metro, and buses

– Prakash VL

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Is investing in real estate at a young age a good decision?

Read on to find out if it is ideal for youngsters to invest in real estate

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@timesgroup.com

TWEETS @BangaloreMIRROR

The generation before millennials invested in real estate, not only for the returns that the asset generated, but also for safety and security reasons. Besides, it was one of the few bankable options available. However, despite several investment avenues that are available today, several youngsters aspire to buy property at a young age. Let's understand the reason behind this trend, and its pros and cons.

As an investment

Even using the simple economic rule of demand and supply tells us how precious land is. The finite land resource will get dearer as the population increases. "Real estate is considered one of the safest investments. Even if the prices dip a bit due to global factors, like recession or pandemic, the prices will surely bounce back in the long run. Unlike gold, equity, or other instruments, real estate is an asset, which you can use or rent out, and still generate long-term profits," shares G Ram Reddy, vice-president, CREDAI national.

According to Anarock Research, the property prices in all the major seven cities of India have grown at a steady rate over the last 10 years – from 2012 to H1 2022.

Benefits

Investing in real estate at a young age has a few merits. Talking about the same, Himanshu Jain, vice-president of sales, marketing and CRM at a real estate company says, "Since you have secured an asset at a young age, your financial stability increases multifold. You also have more time at hand to let the property appreciate over the years. In times of financial crisis as well, having a property at your disposal is beneficial."

Additionally, real estate also helps you diversify and balance your investment portfolio.

Talking about finances, most opt for a home loan to buy a home. With age on their side, a young gun has the option of longer tenure with lower EMI, thus reducing their financial burden. As one grows old and climbs up the corporate ladder, the income also increases, thereby allowing them to make pre-payments or increase their EMI amount and manage their loan better.

Additionally, there are a few tax benefits as well. You can avail of income tax benefit of up to Rs 1.5 lakh on the home loan interest paid. This deduction is available under section 80 EEA and it is over and above the existing deduction of Rs 2 lakh for interest payment that is available under section 24(b) of the Income Tax Act.

Drawbacks

Jay Morzaria, president, NextGen NAREDCO India shares, "The decision of whether you should invest in property at an early age depends entirely on your cash flow. If you have a secure income stream or if you think you can make the payments easily for the property purchased, only then consider buying early."

"Before you invest, keep in mind that you are technically locking in a huge sum at an early age as well as taking up financial liability (EMI payments). This may cause a liquidity crunch for some time," opines Anmol Gupta, financial planner, and founder, 7 Prosper.

Things to keep in mind:

Consult an expert and thoroughly draw up your financial plan;

EMIs should not cross more than 25-30 per cent of your monthly income;

Don't invest 100 per cent of your savings in real estate.

– Anmol Gupta, financial planner, founder, 7 Prosper

Source: Times Property

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Cloudy with a chance of chaos in Sultanpet

Water logging, suffering businesses, bad roads, congestion – Sultanpet has been witnessing it all lately

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TWEETS @BangaloreMIRROR

With the city battling a rain-filled string of days, commuters and shopkeepers in Sultanpet have also been trying to cope with water logging in the vicinity.

Shopkeepers revealed that rains had led to their businesses being significantly impacted as people were not able to come for shopping.

Ravi Kumar, who runs Lakshmi Trading Company, said, "Due to bad weather, our business has dropped by at least 75 per cent. We are not able to go out or come inside our own shops. How can we expect our customers to come in that case? It has been extremely difficult for us to function."

Commuters present in the area said that it was equally challenging for them.

Incessant rain and water logging have made the pothole-ridden roads in Sultanpet a nightmare for commuters to travel through

Latika Hurkat, a physiotherapist, said, "I went there to treat a patient of mine. However, while coming back it was raining, and after the rain stopped, it was filled with water. So many people were stuck there because they were not able to take their vehicles through the road. I was stuck there for more than two hours." Paras K, another commuter, said, "I had come to the area with my mother to buy a few things, but we had gotten stuck when it started pouring. It was so difficult to move my scooter. We had a lot of things with us as well." People also reported that water logging was creating a lot of congestion in the area as the vehicles were in the same lane. Vinesh Shetty, a commuter, told BM that there was a lot of confusion and chaos on the road with no room for him to even stand properly.

> **"Due to bad weather, our business has dropped by at least 75 per cent. We are not able to go out or come inside our own shops**
>
> – Ravi Kumar, businessman

Roadside eateries had their share of problems created by the rains too.

Manju, selling chaat in Sultanpet, said, "Due to the rain and water-logging, my paper plates and other items got damaged. I could not even move my vehicle because it was so difficult. There are so many potholes on the road and nothing was visible because of the water."

Residents in the area said that the condition of the road was already poor for the last two years due to bad footpaths and potholes. Rain, they said, only made matters worse.

A BBMP official said that he would look into the matter and take action.

Water woes connect BM readers

Old Madras Road

In most of the underpasses, there is no proper drainage system, and as a result, water gets accumulated up to the shoulder, if not more on many occasions. A BM reader sent a picture of an underpass that connects Old Madras Road to Outer Ring Road. The reader says that the underpass gets waterlogged even with a short spell of rainfall and it becomes extremely tough for vehicles.

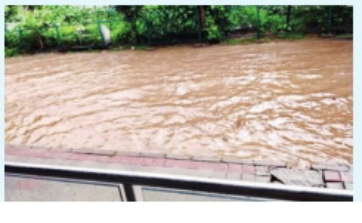
Kudlu

For many Bengalureans, it is not just fear of rain water entering houses, but also sewage water. A BM reader sent a photo of how sewage mixed water was entering houses at Kudlu Iyengar layout (1st Crossroad, opposite SSD Pranav Apartment). The reader said, "We have complained to BBMP so many times but there is no response. Every time it rains, it starts stinking due to the mixture of sewage and water."

Kaggadasapura

For the last few days, if not weeks, many Bengalureans are learning to ride through water rather than the road. With poor infrastructure and clogged drains, most of the roads are turning into swimming pools. A BM reader sent this picture from Kaggadasapura Main Road.

HRBR Layout



Is this a road or a pool? A BM reader sent this picture, saying it was really scary to cross this road at HRBR Layout, 2nd Block Extension, Kalyan Nagar.

Doddanekundi

Another BM reader shared this picture showing the obstruction of water flow in a rajakaluve in Doddanekundi. A tree appears to be the cause for blockage.

whatsapp MIRROR 9591233247

Problems in your area?
Send us a picture along with specific details. And please, no phone calls or spamming

Dirty pavement

Kasturi Nagar

This is the condition of 3A Main Road, Kasturi Nagar. This footpath was done up recently by spending lakhs of rupees.

Safety hazard

Ulsoor

This spot is opposite Frank Antony public school. The poor quality concrete slab broke and fell into the drain on Cambridge layout, Ulsoor.

That's public property!

Ulsoor

Near Ulsoor Lake, Milena Towers has made the government divider their private opening for office staff.

Citizen group wants lake redevelopment committee

Iffath Fathima
Iffath.Fathima@timesgroup.com

TWEETS @BangaloreMIRROR

The BBMP recently issued a public notice asking for suggestions concerning the Detailed Project Report (DPR) for lake redevelopment. Citizens wrote to the civic body, asking them to form a competent technical committee of experts who could help with redevelopment and improve lake biodiversity. The citizen-group, Coalition for Water Security, lauded the agency's efforts. "This is especially encouraging as the DPRs for lake redevelopment in previous years in Bengaluru have been extremely faulty, especially at the technical and fundamental levels. They have even been violative of two basic things - lake ecosystem and ecology and laws regarding lakes and water bodies," said Sandeep Anirudhan, Convenor of Coalition for Water Security.

The group recommended capacity building at the top by creating a committee of environmentalists, ecologists, and a lawyer as well.

Their letter added that the committee should have a master document for guidelines on lake redevelopment based on traditional practices, and scientific and ecological parameters.

"It is important to have a team of ecologists who understand the lake. Right now, lake bunds are created surrounding the entire lake, but they should only be made at one part of the lake. Many lakes have died in the city and we should look into preserving the ones we have now. Bengaluru's wetland areas have reduced over the years from 50 per cent to less than five per cent now," Anirudhan further said.

RAJMOHAN SUDHAKAR

EVER CHANGING MOODS

Write to him at c-rajmohan.sudhakar@timesgroup.com

A sociopolitical dilemma

The latest Freudian slip from a politician in collective memory was George W Bush's utterly ludicrous gaffe at a recent event.

Bush, waxing eloquent, admitted the United States invaded Iraq: "...decision of one man to launch a wholly unjustified and brutal invasion of Iraq," he said, though what the former US president really meant to say was 'Ukraine' before his tongue appeared to have grown a conscience of its own and slipped to say 'Iraq' instead.

The next second, Bush seemed amused at his own bizarre and accidental admission, lost in a senior moment, while seemingly struggling to point towards 'aggressor Putin', whom the whole world should better condemn for humanity's sake or face sanctions.

Such light hearted humour from Indian politicians is now a rarity as the current discourse reeks solely of deceit. We know what a 'slip of tongue' from Congress' Adhir Ranjan Chowdhury unleashed.

Bush is the quintessential politician before the big tech invasion — a relic from a relatively saner realm before social tech came to hold such sway on politics and almost all aspects of life with its viral videos, manufactured trends, likes, shares, retweets, and in India, the exhausted gig economy worker on the go, finding themselves without public conveniences in cities where relatively well off citizens hail taxis driven by desperate citizens shortchanged by ruthless cab aggregators.

Today's politician, who cannot part with his third party-run social media handle, whose words and deeds are by and large influenced by goings-on online and carefully crafted to appeal to a virtual following, is a departure from the likes of Bush who still grants us the joy of an occasional gaffe, in person. As recently as in the 90s, a politician would resign at the faintest of doubts cast on him, to salvage the image of his political outfit. Now, even if one's conduct is in question, what ensues is a defiant scramble to stay on in power come what may - forget about remorse, regret or shame. How many resignations from public office do you recall over allegations of corruption or mishandling of crises of late?

When political ideology is equated to ludicrous sums of money, truth, honesty, sincerity or decency are reduced to syllables that have meaning only in works of fiction. What a tragicomedy, now that our works of fiction, especially of the audiovisual kind, seem famished too, indicative of a society where values are being gradually hollowed out, overseen by zombies.

Social media does stand witness to the double standards displayed by its users, politicians in particular, and oftentimes exposes them to the keen observer. It lays bare the politician who mocked the slide of rupee while in opposition and the politician in power who claimed the currency is trying to find its course hitting record lows, alongside umpteen instances of bigotry and hypocrisy if we are to even briefly sift through social timelines.

Does the politician's persona sustained by social tech have anything to do with the waning moral currency in India and elsewhere? This is surely something to be examined by social scientists. Political pundits, and more importantly, entrepreneurs of the future who have much to lose to the loose morals of present-day politicians, are only seen further empowering these personalities on social media, which is unfortunate.

This is no doubt a spill over of social media's anonymous trolls into mainstream political discourse as lie after lie is legitimised as much as institutional violations in our democracy. Accompanying defence with arrogance is second nature.

Politicians are unafraid to do or say anything they deem fit, even wrongs or untruths. For instance, each passing day the tussle between Rishi Sunak and Liz Truss hits new lows with promises of inhumane policies in their thirst to become the next British PM, while the Bank of England warned of a prolonged recession for at least five straight quarters ahead. Most absurd was outgoing PM Boris Johnson ending his farewell speech urging MPs to stick with the US.

Moral bankruptcy of social media trolls cannot be passed on as values in a democracy. If our politicians thought so, they are plain wrong. The strategy to suppress dissent, muzzle critique and subjugate parliament amid open calls for violence and retribution dismissing the law of the land would not sustain forever; engineering communal discord as extreme weather pummels infrastructure in urban and rural areas is unacceptable. Citizens do expect accountability from elected representatives than stony silences on issues of concern that the opposition is raising courting arrests.

Jairam Ramesh, Rajya Sabha MP from Karnataka, said concluding a presser by Rahul Gandhi on Friday morning: "On the one side you have Rahul Gandhi addressing questions from mediapersons head on and on the other there is the Prime Minister who has not taken a single question from the press in eight years. Now, what do you glean?"

Has BBMP itself lost the plot?

Palike gets PHC built at Kowdenahalli site bought by persons 30 yrs ago

Y Maheswara Reddy
c-y.reddy@timesgroup.com
TWEETS @BangaloreMIRROR

Construction work on a PHC building at Kowdenahalli site

Are you one of those who won a site in the city and have no time to visit it? If so take our advice and check on it once in a while, as if the site remains vacant for long, there are chances of not only the land mafia, but even of the civic body encroaching it!

Two citizens– one from Indiranagar and the other from Domlur – bought sites at Kowdenahalli in KR Puram police limits over 30 years ago. The area was under the ITI Notified Area in 1991. All these years, they used to pay property tax to the then ITI Notified Area Board and the Bruhat Bengaluru Mahanagara Palike (BBMP) from the date the ITI Notified Area was merged with the BBMP. Understandably, they did not expect the BBMP itself to become an encroacher.

But, the BBMP went ahead and assigned the Karnataka Rural Infrastructure Development Limited (KRIDL) to construct a primary health centre (PHC) building on the site. One of the site owners – Kumudha Bhaskaran – has approached the City Civil and Sessions Court seeking an injunction directing the defendants to demolish the construction. The VIII Additional City Civil and Sessions Judge issued an order on February 5, 2022, restraining the defendants from further construction at the site. The Judge posted the hearing to April 8, 2022. But, the construction work continued.

"We have nothing to do with the legal tussle of property owners. The BBMP ward engineer has identified this site for the construction of the PHC. We are constructing as per our agreement with the BBMP," said KRIDL assistant engineer Prakash.

Bhaskaran said they first got the first injunction order in February and the then Police Inspector of KR Puram did not act accordingly. "The roof was cast in the night on my land and after that they stopped work. Now I got the injunction order extended and the new Inspector Nandesha got the work stopped. But the same day a contractor Rangaswamy came to the police station and said some local people were building it and work couldn't be stopped. The police did not do anything and now construction is in full swing," said Bhaskaran.

The victim said she tried to stop the work and wrote the OS Nos at the site, but they poured cement on it and resumed work.

Satyanarayana M, who owns a site adjacent to Bhaskaran's, approached the KR Puram Police on February 1, 2022 seeking action against those responsible for removing a compound wall at his site and carrying out construction work. The police advised him to approach the Civil Court.

When contacted, KR Puram Police Inspector Nandeesh HL assured that they would look into the matter. "I will send the police to stop the work. I will do whatever is possible as per the law. If the construction work is not stopped, the applicants have to approach the court," said the inspector.

Shakeel Abdul Rehiman PM, advocate for the plaintiff said in spite complaints to the Inspector, no action has been taken to stop the construction. "It is the duty of the police to protect the rights of the public and enforce an order passed by a competent court of law," he said.

Department of Social Justice and Empowerment
Ministry of Social Justice and Empowerment
Government of India

Vayoshreshtha Samman

Inviting nomination for National Award,2022

The last date for receipt of nominations is 29th August, 2022

The Ministry of Social Justice and Empowerment, Government of India invites nominations on the National Awards portal **(https://awards.gov.in/)** for conferment of **"Vayoshreshtha Samman (National Award)", 2022** for eminent senior citizens and institutions involved in rendering distinguished services for the cause of elderly persons, especially indigent senior citizens.

- Detailed eligibility criteria, proforma for nomination for the Awards and the procedure for nomination etc., are available on the website of the Department of Social Justice and Empowerment as indicated : **http://socialjustice.gov.in.**
- Nominations in the prescribed proforma complete in all respects with the requisite supporting documents of the nominee, photograph and bio-data of the nominee (in the case of individual category), may be uploaded on **https://awards.gov.in/.** No physical applications shall be entertained.
- The last date for receipt of nominations is 29th August, 2022. Self nominations and applications from individuals or institutions not recommended by the prescribed agencies/individuals will not be entertained and shall be liable to be summarily rejected.

CBC 38101/11/0020/2223

Why legit rehab is critical

CONTINUED FROM PAGE 1

without prescriptions, that made us drowsy. After consuming these pills, they would conduct meditation sessions and if we fell asleep, they would punish us too," he said.

Mental health experts noted that there are already several hurdles for people to reach out to mental health professionals: de-addiction centres without proper licence worsen the situation.

"Whenever a person starts developing a drug-addiction or mental health issues, their first attempt at help is often non-psychiatric methods. By the time they reach a mental health professional, it's either too late or they have spent too much money already. The situation gets worse with the news of such unlicenced centres doing the rounds," said Dr Vikram Arunachalam, consultant psychiatrist (BBMP).

Dr Arunachalam observed that despite licencing and regulation, several centres continue to operate in the shadows and come to light only when patients recall horror stories.

"I have heard of centres tying up patients, physically assaulting and locking up inmates for a long time with food served infrequently. There have been cases of patients dying inside such centres — being treated inhumanely, forced to drink urine and such," said Dr Arunachalam.

"Most centres are now aware of the Karnataka Private Medical Establishment (KPME) licence and are undergoing the required processing but there are still some that have not come under the banner yet," said a consultant clinical psychologist working for the BBMP.

According to a source, patients are treated inhumanely to instil fear by the rehab management to avoid relapse or return to the centre.

Experts said the problem lies in people being able to start these centres without the knowledge of the licencing authority. Licenced centres are required to send reports to licencing authorities regularly which in turn allows authorities to keep a watch. However unlicenced centres outside the purview, continue to operate following unprofessional methods.

Mental health experts are of the view that such centres should be shut down immediately.

To set up a rehabilitation centre, applicants are required to secure the Karnataka Private Medical Establishment (KPME) licence from Karnataka State Mental Health Authority (KSMHA). The KSMHA grants the licence after inspecting the facility and depending on meeting their strict regulations and requirements. As per the requirements, the kitchen and dormitory should be separate, there shall be individual cots for patients, regular visits by psychiatrists at least once a week and counselling by a clinical psychologist are mandated, alongside round-the-clock availability of nursing at a hospital. While applying for KPME, the organisation needs to showcase a biomedical waste management certificate, pollution control board certificate, building photo, NGO deed, building agreement copy, psychiatrists' certificates, MBBS certificates, MSW certificates, psychologists' certificates, and building sketch copy apart from a fire safety certificate, at the district health office.

(* name changed)

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CHANGE OF NAME

I, SAMRAT S/o Vilas Harwalkar, residing at B201, MBR Shangrila, Valgerehalli, Mysore Road, Kengeri, Bangalore -560060, have changed my name to SAMRAT HARWALKAR, vide affidavit dated 03.08.2022, sworn before notary B. Rajashekara, Bangalore

I, Vishnupriya Sivasankar D/o. Shivashankar Raguvalu, R/at Flat No. 03, Ganesh Apt, 10th Main, Malleshwaram, Benaluru -560003, have changed my name to VISHNUPRIYA SHIVASHANKAR, vide affidavit dt:04.08.2022 before Notary T.C. Thimmaraja, Bengaluru.

I, NARENDRA BABU RAJAGOPAL, Residing at # 1537, 20th R Cross, Dasarahalli Main Road, Bhuvaneshwari Nagar, Bangalore-560024, have changed my name to NARENDRA RAJAGOPAL IYER vide affidavit dated: 06.06.2022 before notary H.K. GOPALAGOWDA, Bengaluru.

I Namratha G P W/O, Rangdol Gururaj R/o Kruthika Rangdol W/o Rangdol Gururaj F3/20 Nandniketan (amns) Essar Township Hazira Surat 394270 have changed my name to Rangdol Gururaj

I Anupama Br W/O, Naveen Dn R/o Sansita Pride , #306 , Off Thanisandra Main Road , Vidyanagar Layout , Bangalore 560077 have changed my name to Anoupama Br

I Muniraja S/O, Muniyallappa R/o #233 Near Muneshwara Temple, Veerasandra, Bengaluru 560100, Karnataka have changed my name to M Muniraju for all purposes.

I,ASMA Begum Syed, R/o 9 Tippunagar 1st cross,Ward 23 Ramanagaram. Changed my name as Asma Begum W/o M Inam Ur Rahman.

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Dasara special: Waterproof homes for mahouts in Mysuru

Forty-two waterproof sheds with tarpaulin being built for mahouts for their stay during Dasara festivities

They may be the stars of the show, but have you ever given a thought about the people who care for them? While the elephants take the limelight at the famed Dasara celebrations, mahouts often go unnoticed, and have to live in extremely humble circumstances during the festival.

But for the first time, mahouts and their families who come to the palace with tuskers for Dasara celebrations can now stay in a waterproof shed built for them. The Forest Department is building a shed for mahouts, kavadis, and their families.

Every year the Forest Department brings the mahouts and kavadis to the palace two months earlier for Dasara festivities. Earlier the mahouts and their families would face difficulties in staying for the festivities due to temporary accommodation in sheds which would leak when raining. This time, the rainy season started in the summer itself and it started raining continuously. So, there are 42 waterproof sheds built in the palace compound.

DCF Dr V Karikalan said that the sheds would be completed by August 6. Earlier, the sheds were made of zinc sheets. Now the sheds are protected with waterproof tarpaulin and covered with sheets. This will protect the water seepage in the sheds. All the 42 sheds are waterproof and protect the families from rain and wind. There are separate sheds for providing education and health facilities in mahouts families.

In the first batch Abhimanyu, Arjuna, Dhananjay, Gopalaswamy, Vikrama elephants, and female elephants Cauvery, Chaitra, Lakshmi, and Vijaya are expected to arrive. In the next batch Ganesha, Bheema, Sugreeva, Ajaya, and Mahendra will arrive. A total of 14 elephants will participate in the Dasara procession.

DCF Dr V Karikalan said, "Mahouts and kavadis will come from the forest and stay in the sheds in the palace compound. They will come with their families. It is our responsibility to treat them respectfully. So, we have built waterproof sheds.

On August 6, the elephants started moving to Mysuru from Veeranahosahalli in Hunsur taluk. On August 10, the mahouts will stay in the sheds. Due to the Covid-19 pandemic, the Dasara celebrations for the last two years were very simple and Jumbo Safari was limited to inside the palace. This year, the government decided to organise Dasara in a grand manner.

The Palace Board Deputy Director TS Subramanya said, "The palace board will provide the water, electricity, and other basic facilities to mahouts and kavadis. Now, the garden beautification work has also started."

– Prakash VL

Karnataka Ratna to Puneeth on Nov 1

Superstar Puneeth Rajkumar is to be conferred the 'Karnataka Ratna' award posthumously on November 1.

Chief Minister Basavaraj Bommai after the inauguration of the Independence Day Flower Show at the Lalbagh Glass House said, "We have decided to present the 'Karnataka Ratna' award to Kannada film star Dr Puneeth Rajkumar on November 1."

Talking to the media Bommai stated, "A committee would be formed to make preparations for the award presentation ceremony. Members of Dr Rajkumar's family would also be included as members of the committee. We all together will present the award posthumously to Puneeth in a highly dignified manner."

The 'Power' actor becomes the tenth recipient of the state's highest civilian honour award.

ANI

HC upholds ban on firecracker sale within B'luru city limits

The High Court has upheld the police department's decision to withdraw the no-objection certificate issued for sale of firecrackers within Bengaluru city limits. Perhaps for the first time ever, photographs of people injured by firecrackers are used in the judgment papers. These show images of youngsters and children who lost eyesight due to firecracker injuries. The HC said that "This would make the Makers of the Constitution to shiver in their grave. There cannot be a greater violation of the right to life, limb and liberty," the HC said on the page where the photographs are inserted.

The single judge bench of Krishna S Dixit rejected the contention of several traders who had challenged the police department's decision. The Commissioner of Police, Bengaluru had withdrawn the NOC to these traders in 2012. The Director General of Police, Karnataka had upheld the Commissioner's order in 2013. The traders had challenged it in the HC.

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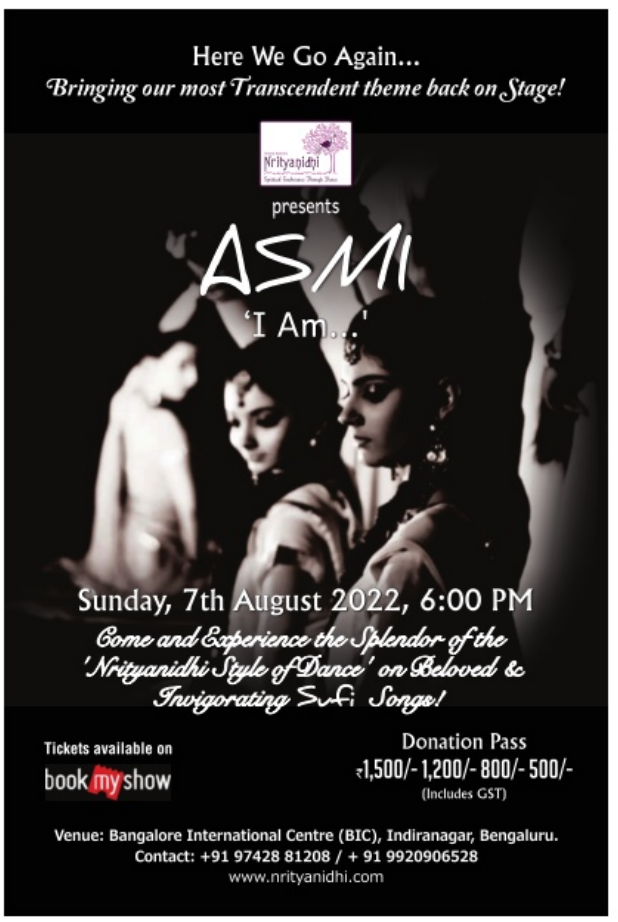
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BENGALURU SPEAKS

and gets heard on this page

STORYBEHINDTHEPHOTO

THE KILL

Laws of the jungle. A tiger caught in the middle of its kill as it hunts down a baby elephant.

The picture was clicked by reader **Deepak Athreyas**

If you have a picture and a story to share, send us the picture with your name and number at **mybangaloremirror@timesgroup.com**

Warning: Path that is a rocky one ahead

Stretch on Cunningham Crescent Road is broken, uncemented and has missing tiles; it is a sorry site for accidents to happen

Shreyashi Mukherjee
c-shreyashi.m
@timesgroup.com

TWEETS @BangaloreMIRROR

Pedestrians are on a hunt for a footpath at Cunningham Crescent Road on the stretch leading to the Reserve Bank of India Quarters as whatever exists there in the name of footpaths is so rundown that it is risky to walk on them.

The pedestrians say that tiles are missing on the footpath, and it is not cemented properly. The footpath is also undulated.

Ramesh K, a commuter, said, "At several places on the footpath, tiles are missing. If someone walks without paying much attention, they would easily trip on the uneven surface and fall. This is all how a footpath should not be."

The pedestrians say that the footpath is not disabled-friendly at all, neither can it be used by the senior citizens. Rishika K, another commuter, said, "As I was using this footpath a few days ago, I did not notice a spot where the tile was missing and tripped on the uneven surface and fell down. I scraped my knee. The injury was not serious, but it could have been someone else and the injury could have been serious."

Elderly and children are most at risk of tripping and injuring themselves

Residents complain that along with the poor condition of the road, garbage makes it worse

Sreelal Krishna, another commuter, said, "I was walking with my grandfather and it was so difficult for him to walk on this footpath. He had to stop and look around and then walk. We had to walk extra slowly so that he did not injure himself on the spots where the cementing was not done properly or where the tile was missing."

The commuters say the footpath is used by a lot of people and the authorities must take immediate action to rectify its flaws. They say that along with the poor condition of the footpath, garbage is also scattered on the footpath.

Srijith S, another commuter, said, "The authorities should keep a garbage can here so that people can throw the garbage there instead of it being scattered on the road. Already people are not able to walk on the footpath because of its poor condition, the scattered garbage just adds to the woes of the pedestrians."

DID YOU KNOW?

It's one of the most posh and upmarket neighbourhoods in Bengaluru. From fancy gastro pubs to residential societies, Lavelle Road is hip and classy. But did you know the etymology behind its name?

It was named after Michael F Lavelle, an Irish soldier who later made his money in the Kolar Gold Fields. In circa 1871, he had examined portions of the Kolar district, and found three gold-bearing strata, in one of which, he sunk a shaft to the depth of eighteen feet, and found that gold increased in quality and size as he went downwards.

The achievements of Lavelle, in gold mining in Kolar and his subsequent affluence made him popular among the English residents at Bangalore. The British commandant of the Bangalore Cantonment honoured him by naming the road where he lived Lavelle Road.

GET HEARD WITH MIRROR

9591233247

Let's see how much you know about Namma Bengaluru, folks. Tell us something incredible and mind-boggling about this beautiful city and our editors and researchers will check it out. If it's credible, we'll give it a shout-out, with your name and picture.

TAPTHECHATTER

where Bengalureans speak their mind

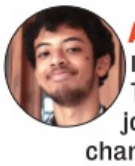
Do you feel the government is doing enough to mitigate the effects of climate change? What more can be done?

Akash Mandal, BM Reader
I feel the government could put in more effort into making people aware. If the common man is educated about climate change, then we will see results

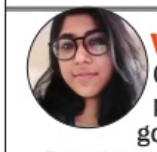
Divij Chaudhary, Actor
The government has many responsibilities and controlling climate change is one of them. I feel that they are doing a good job, and that people should read up about nature conservation plans by the government.

Pearl Sharma, Student
In my opinion, the people should work in tandem with the government, in order to utilize the plans made by the government to control climate change.

Sukriti Mehra, BM Reader
Yes, I think the government is doing a good job, especially considering the vast population.



Aumbhrin Mukhopadhyay
Photographer
The government is doing a good job with controlling climate change, but efforts to involve the citizens should be made as well.



Vertika Saxena, Student
Climate change is a national phenomenon, and I don't think the government can really do much. But they are definitely making an effort

SPEAK TO US

What are the immediate steps government should adopt to check urban flooding?

If you want to be featured in this section, mail us your answer to this question, in 25 words, with 'Tap The Chatter' in the subject line. Mail us with your name, occupation & a picture at mybangaloremirror@timesgroup.com or WhatsApp us on 9591233247

WATER WORLDS, SO CLOSE TO BENGALURU

Sridhar.Vivan
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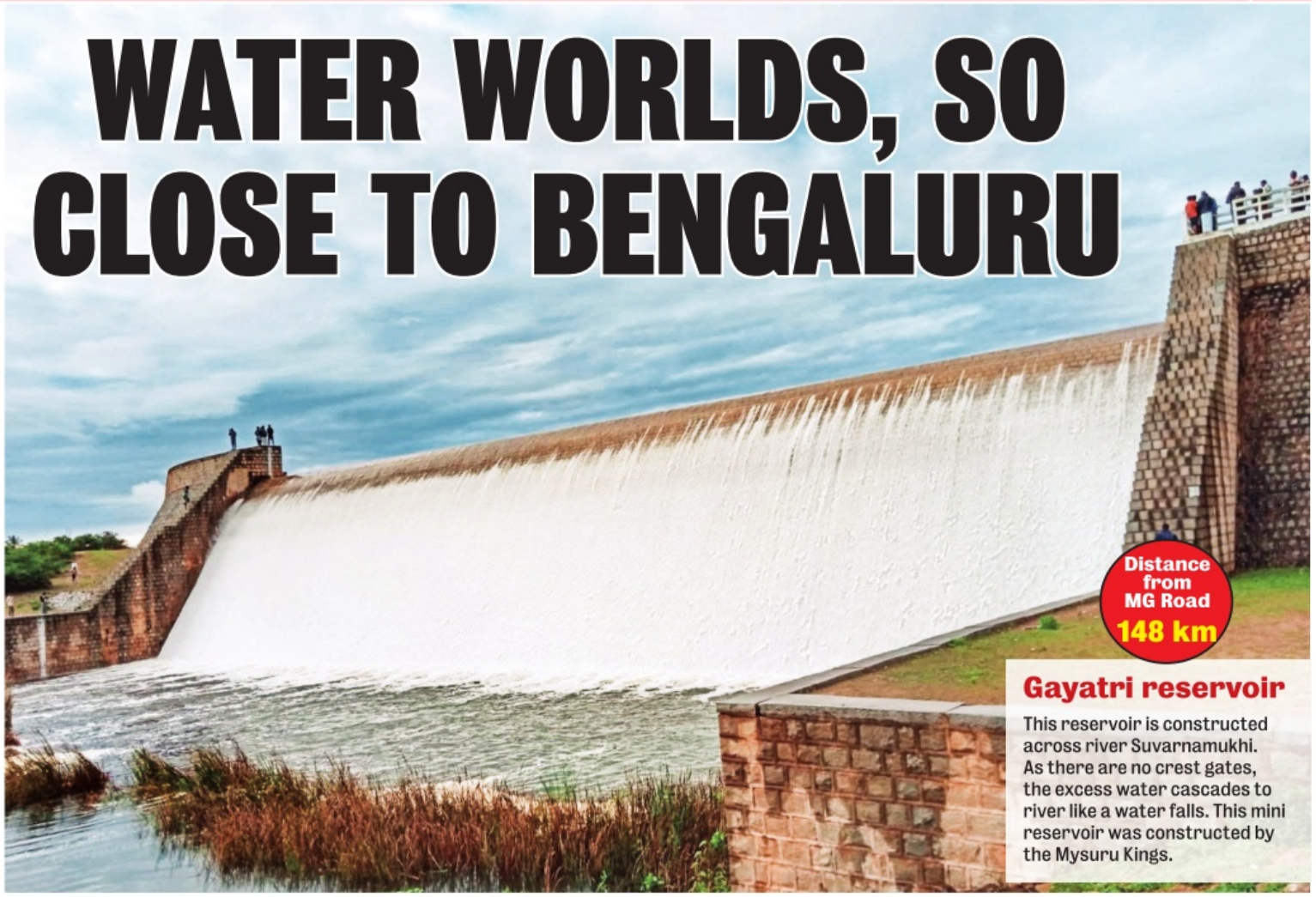
Every year during monsoon, most of the huge reservoirs in the State get filled up and the excess water is being let out. It is always a treat to watch the water flowing out of the reservoirs. Most of these huge reservoirs are hundreds of kilometres away from Bengaluru. However, there are a number of mini reservoirs around the city which can be reached in a couple of hours drive from here. Most of these reservoirs were not filled up in the recent past due to poor rainfall. However, this year, almost all the reservoirs around the City are filled up to the brim and the excess water is being let out to the river. As a result, these rivers (which are not perennial and were always dry) have got a new lease of life. BM presents a list of reservoirs and rivers near the city which are currently seeing the full reservoir level.

A word of caution

Visitors need to always exercise caution while visiting these places. Due to heavy rainfall, many roads are inundated and the visitors should always check with locals before visiting the place. Never venture into the water as it can be fatal.



Distance from MG Road 148 km

Gayatri reservoir

This reservoir is constructed across river Suvarnamukhi. As there are no crest gates, the excess water cascades to river like a water falls. This mini reservoir was constructed by the Mysuru Kings.

Distance from MG Road 65 km

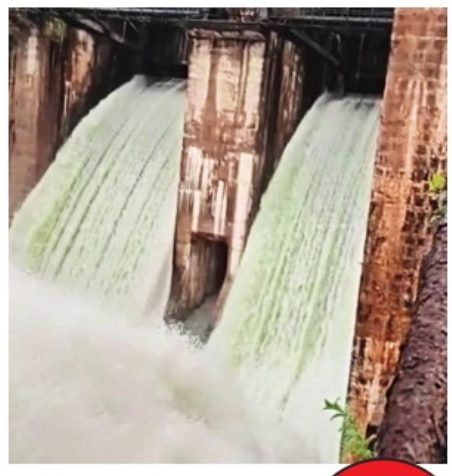
Kanva Reservoir

The FRL is 32 feet and this year, the reservoir has reached the brim level and 35 cusecs of water is being let out to the river. The reservoir is located in a picturesque place with hillocks surrounding the reservoir and lush green farm lands.

Distance from MG Road 110 km

Iggalur Barrage

This barrage is constructed across Shimsha river. With the excess water being let out from Markonahalli reservoir, Iggalur barrage is brimming and currently 89 thousand cusecs of water is being let out to the river.



Distance from MG Road 39 km

Manchanabele Reservoir

The total storage capacity of this reservoir is 1.22 TMC feet. This is one of the many reservoirs built across river Arkavathi. The reservoir which is built to supply drinking water to neighbouring areas is now seeing huge water outlets and it is a treat to watch it.

Distance from MG Road 82 km

Harobele reservoir

The reservoir has a water storage capacity of 1.57 TMC feet. This is the last reservoir built across Arkavathi river before it joins Cauvery river. With heavy rainfall in the catchment areas, the reservoir is now filled up and the excess water is let out to the river which finally joins Cauvery at Sangama.

Distance from MG Road 89 km

Titha Reservoir

This reservoir was built to fetch water to arid zones which had successive droughts. However, this year with heavy rainfall in the catchment area, the reservoir has reached the brim level. The reservoir is also close to the pilgrim town of Goravanahalli.

Distance from MG Road 97 km

Markonahalli Reservoir

This masonry reservoir was constructed by Mysuru king Krishnaraja Wadiyar IV. Due to copious inflow due to excess rainfall in the catchment area, the water is being let out to Shimsha river and it is a treat to watch the water flowing out of the crest gates.

Distance from MG Road 39 km

Mutyala Maduvu

Though this doesn't fall under reservoir category, it is a small water falls in a forest patch near Anekal. This is a popular water falls among the locals and springs back to life only during rainy season. This year, due to heavy rainfall in the catchment area, the water falls have turned out to be a big attraction.

Distance from MG Road 84 km

Yargol dam

This is a picturesque dam built across Markandeya river (a tributary of Pennaiyar river). One has to take a deviation from the Vepanapalli-KGF road to head towards the dam. There are grand plans to improve the area around the dam which may take a few more years. However, this is said to be the first time the dam is reaching the brim height since it was constructed. This reservoir is constucted between two hillocks and is spread across 375 acres. The length of the dam is 414 metres and has a height of 30 metres. This construction of this dam began in 2006.

Distance from MG Road 70 km

Thoremoodalpalya Check dam - Kumudvathi River

Though this is not a reservoir, Kumudvathi is one of the lifelines of Bengaluru. The river that takes birth in Shivagange hill and joins Arkavathi at Thippagondanahalli has been dry for a long time and only now we are seeing the river springing back to life, thanks to excess rainfall.

 # Mamata meets Modi
West Bengal CM Mamata Banerjee meets PM Modi, seeks release of outstanding funds

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Dramatic stand-off during Cong protest

Leaders detained during nationwide protest against price rise; Rahul says India witnessing 'death of democracy'

#NEW DELHI

Congress leaders hit the streets on Friday as they staged nationwide protests against price rise and unemployment, with over 300 of them including Rahul Gandhi and Priyanka Gandhi Vadra detained by police for over six hours in the national capital.

Wearing black clothes, Sonia Gandhi and Rahul Gandhi led the charge in Parliament where party MPs took out a protest march and were detained by the police at Vijay Chowk while they were on their way to Rashtrapati Bhavan. Priyanka Gandhi led at the AICC headquarters here, where hundreds were detained by the police amid dramatic stand-offs. Sonia Gandhi did not participate in the march due to ill-health.

While several BJP leaders called the protests an attempt to save the Gandhi family, Home Minister Amit Shah linked the protest in black clothes to the party's "appeasement" politics to convey its opposition to the Ram temple foundation laying by Prime Minister Narendra Modi on this day in 2020. Shah said the Congress was using the issues like ED action and price rise only as excuses. The Congress hit back saying only a sick mind which can produce such bogus arguments and give a malicious twist to the protests.

The Congress workers and leaders were released by Delhi Police after more than six hours of detention in various police stations, where they were taken away from the protest sites in the national capital.

Congress leader Priyanka Gandhi being detained during the Congress party's march towards the PM's residence on Friday

According to Delhi Police, 335 protestors including 65 MPs were detained. Similar actions happened in various parts of the country, while water canons were also used at some places including in Chandigarh. While Congress leaders in Delhi had planned to gherao the prime minister's residence and a protest march to Rashtrapati Bhavan, party workers across the country staged protests and dharnas outside Raj Bhavans.

The day started with Rahul Gandhi addressing a press conference, alleging that India is witnessing the "death of democracy" and anybody who raises people's issues is "viciously attacked", beaten up and put in jail.

Noting that the Gandhi family is attacked because it fights for democracy and for communal harmony, he alleged the sole agenda of the government is that people's issues must not be raised. **– PTI**

EMIs to rise as RBI hikes interest rate once more

#Mumbai

Home, auto and other loan EMIs are set to rise further after RBI on Friday raised the key interest rate by 50 basis points, the third straight increase since May in an effort to cool stubbornly high inflation.

The increase in lending rate or the repurchase rate (repo) by 50 bps to 5.40 per cent is 25 bps higher than the pre-pandemic repo level.

Reserve Bank of India (RBI) Governor Shaktikanta Das signalled that the second straight half-point hike wasn't the end of the rate tightening regime and more may come to tame inflation that has for six months stayed above the comfort zone of 6 per cent.

The central bank however did not revise its existing economic growth or inflation forecast despite indications of a global slowdown, recessionary conditions in the developed economies, and the moderation already witnessed in commodity prices.

"Inflationary pressures are broad-based and core inflation remains elevated. Inflation is projected to remain above the upper tolerance level of 6 per cent through the first three quarters of 2022-23, entailing the risk of destabilising inflation expectations and triggering second-round effects," Das said.

RBI governor Shaktikanta Das arrives for a press conference at the RBI headquarters

RBI said the volatility in the global market is leading to imported inflation.

The spillover from geopolitical shocks has resulted in uncertainty in the inflation trajectory. Global commodity, metal and food prices have eased from recent peaks, however, they still remain elevated.

On the domestic front, higher sowing of kharif crops bodes well for the food price outlook. The shortfall in paddy sowing is being monitored closely, even though rice stock remains above buffer norms.

Since May, the central bank has cumulatively raised interest rate by 140 bps in its effort to contain inflation. **– PTI**

India objects to Chinese activities near Ladakh

#New Delhi

India and China held a special round of military talks on Tuesday at the Chushul-Moldo border meeting point in eastern Ladakh to discuss airspace violations and provocations by the Chinese side in that region over the past 45 days.

The talks were held after the Indian Air Force countered Chinese attempts to provoke in the eastern Ladakh region by violating airspace and confidence-building measurement lines, according to which both sides have to fly fighter jets within 10 km of the Line of Actual Control (LAC).

Government sources said: "During the military talks, the Indian side strongly objected to Chinese flight activities for over a month near the eastern Ladakh sector and asked them to refrain from such provocative activities." The talks also come at a time when China is having strained relations with several countries, including the US, over a high-profile US leader's visit to Taiwan and the firing of ballistic missiles in the Japanese Exclusive Economic Zone.

The talks included air force officials from both sides along with representatives of the army. The Indian Air Force was represented by Air Commodore Amit Sharma from the Operations Branch, while an officer of an equivalent rank from the Air Force of the People's Liberation Army came for the discussion. The Chinese have been complaining about the Indian Air Force upgrading its capability in Tibet. **– IANS**

Army conducts 5-day exercise to test satellites

#New Delhi

To ensure operational readiness of hi-tech satellite systems and personnel manning, the Indian Army conducted a satellite communication exercise in the last week of July 2022, said sources. Top sources in Defence establishment have confirmed that a pan Indian Army satellite communication exercise, SKYLIGHT was conducted in last week of July 2022.

The objective of the exercise was to ensure operational readiness of hi-tech satellite systems and personnel manning these. In this exercise, 100 per cent of all satellite communication assets in the Indian Army were activated and various technical and operational scenarios in the space domain were played up. Various agencies responsible for space and ground segments, as also ISRO participated in the exercise. As on date, the Army is using services of a number of ISRO satellites, on which over hundreds of communication terminals are connected. **– ANI**

'Twitter failed to disclose litigation against Indian govt'

#Washington

Tesla CEO Elon Musk, who is locked in a court battle with Twitter over a failed acquisition bid that Twitter now intends to force through, said that the social media giant jeopardized its third largest market by failing to disclose "risky" litigation against the Indian government.

In a countersuit in a Delaware court which was filed under seal last Friday and made public Thursday, Musk also claimed that he was "hoodwinked" into signing the deal to buy the San Francisco-based social media company. Musk said that Twitter should follow the local law in India, according to the court documents. Snapshots of the court documents were seen circulating on Twitter posted by New York Times Tech Reporter Kate Conger @kateconger. "In 2021, India's information technology ministry imposed certain rules allowing the government to probe social media posts, demand identifying information, and prosecute companies that refused to comply. While Musk is a proponent of free speech, he believes that moderation on Twitter should "hew close to the laws of countries in which Twitter operates" read a portion of the legal filings in Twitter Vs Musk lawsuit, as posted by Conger.

Elon Musk is engaged in a legal battle with Twitter

To Elon Musk's averments in the court filings, Twitter responded that it "respectfully refers the Court for their complete contents. Twitter lacks knowledge or information sufficient to form a belief as to the truth of the allegations," and said it "therefore denies them on that basis." Referring to a petition filed in Karnataka High Court in July, Musk also objected to Twitter's failure to disclose litigation against the Indian government. **– ANI**

HEALTH TIP: Diets are generally ineffective and rarely work well in the long run

Stress can affect blood sugar levels, food choices, susceptibility to sickness, weight, and fat distribution

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Muscle matters

Muscle health is often a good indicator of how one is going to age and stay active

Muscles are the largest component of your total lean body mass (or LBM), which is everything that makes up your body except for fat. In fact, your muscles usually account for 50 per cent to 60 per cent of the body weight. The role of your muscles goes beyond simply allowing you to move and retain balance. Healthy muscles are also essential for your physical strength, organ function, skin integrity, immunity, and wound healing. That's why healthy muscles are pivotal for enjoying and achieving all of life's possibilities as you age.

Muscle health can often tell you how you are going to age and stay active and independent. So, it is important to understand what muscle health is and how it affects your life. Dr Irfan Shaikh, Head, Medical and Scientific Affairs at Abbott's Nutrition business, sheds light on things you should know about your muscles and muscle health.

Muscle mass as you age

Starting at age 40, adults can lose up to 8 per cent of their muscle mass per decade. After 70 years old, that rate may double. In fact, muscle loss is also accelerated due to poor nutrition, illness, and chronic diseases. Muscle loss can impact your energy levels and mobility, increase the risk for falls and fractures, and even slow recovery from illness or surgery. You may move easily and maintain your body robust with healthy muscles. They support your daily activities like playing sports, dancing, walking your dog, swimming, and other things requiring physical movement. Your joints are better able to function when you have strong muscles. You may be more prone to knee injuries if, for example, the muscles surrounding that knee become weak. Muscle health also aids with keeping your balance.

Muscles and immune health

If you want to build a strong immune system and reduce your risk of bacterial and viral infections, don't underestimate your muscles. Muscle tissue plays a role in activating immune cells, and people with lower muscle and strength levels have reduced immune function. To enhance your immune health, take a look at your overall diet and center your meals around lean proteins, fruits, vegetables, whole grains, nuts and beans, and low-fat dairy. Together, these foods provide micronutrients like calcium, vitamin D, iron, and antioxidants that can help keep your immune system strong and rejuvenate muscle health.

Muscle loss and recovery

Your muscles are a critical source of strength and energy as you recover. When you're sick or hospitalised, your body often doesn't get enough of the nutrients it needs to recover, such as protein, causing it to break down muscle tissue. This kind of muscle loss is associated with delayed recovery from illness, slowed wound healing, and diminished quality of life.

Identifying loss of muscle mass

The good news is that grip strength is an easy way to assess your overall muscular strength - just by squeezing an orange or noticing the firmness of your handshake you can determine your muscle strength.

Rebuilding muscle and strength

Losing muscle is natural, but its rate of progression and negative effects don't have to be. You can take simple measures to slow down muscle loss to help support a healthy lifestyle and continue doing the things you love to do. The best part is that it's never too late to regain muscle, and strength or to combat the long tail symptoms of infection due to muscle loss. It can be achieved through a combination of strength exercises and a complete, balanced diet with sufficient protein and nutrients.

On the nutritional front, Calcium, Vitamin D, Vitamin B12, and Vitamin B3 are some key nutrients to maintain muscle health. Regular check-up of muscle strength is essential as well. You can test your locomotive ability and find out how good your muscle strength is and know what to do earlier to help prevent and delay muscle loss and strength.

Muscle plays an important role in many aspects of life, and there are plenty of effective ways to test and improve your strength. Talk to your doctor about healthy options for preserving muscle loss.

— IANSlife

MIRRORLIGHTS

Skin secrets - natural edition

The existence of the human body is incredibly intriguing and lovely. Many physical processes and defence mechanisms that keep the body safe and healthy are part of who we are naturally. Our skin is the same. Therefore, using natural products is a good method to enhance the natural properties of skin, and what better way to achieve it than by utilising the superpowers of the legendary Ayurveda! In India, Sri Lanka, and other South Asian countries, the ancient medical system is still in use.

There are many Ayurvedic skincare routines available today, but for best results it is important to know the quality and ingredients of your products.

Haldi (Turmeric) : Turmeric contains curcumin, which has anti-aging, anti-inflammatory, and anti-bacterial properties. As a result, it increases the natural glow and radiance of your skin.

Chandan (Sandalwood) : This ancient ingredient contains cooling properties as well as organic brightening components that help heal sun tans, black spots, and uneven skin tone.

Giloy (Heart-leaved Moonseed): Giloy is an antipyretic herb loaded with antioxidants, which helps to reduce oxidative stress and delays skin aging. It also has anti-inflammatory properties.

Amla (Indian Gooseberry) : Amla, or Indian gooseberry,

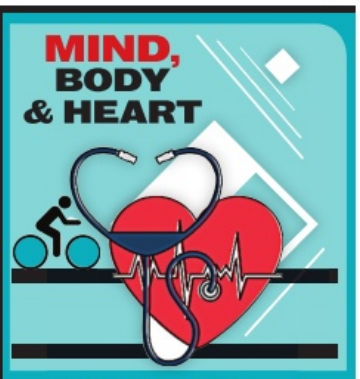
is abundant in Vitamin C and antioxidants, making it a good anti-aging herb. It tightens your skin and gives it a healthy glow. Regular drinking of amla juice increases the collagen production in your skin. External use of Amla extracts in the form of face packs and washes helps to prevent acne, pimples, sunburn, and other skin disorders.

Neem : The antibacterial, anti-inflammatory, antioxidant, and therapeutic effects of neem leaves and extracts are the reasons for its popularity. It can be used to treat acne and dry skin. Since it stimulates collagen production, it can also help reduce wrinkles and reduce scars.

Kumkumadi Tailam : Kumkumadi Tailam is an Ayurvedic natural oil with a bunch of brilliant medicinal properties. It can lessen wrinkles and different symptoms and symptoms of aging, minimise zits and acne, or even deal with pores and skin situations like allergy and more.

These components may all be found readily and can all be used in DIY cures .

—IANSlife



All problems solved

Dear Coleen

I split up with my husband nearly a year ago and we have a three-year-old son. It was the right decision for all of us and, so far, my ex and I are doing okay.
My problem is my mum - she was really unsupportive when we separated, telling me I was "mad", that I'd never cope with bringing up my son as a single parent.
I didn't let her opinions affect my decision, thankfully.
I just feel that she judges me unfairly.
I also know she really liked my ex and probably feels angry with me.
She's also unsupportive when it comes to babysitting, especially if I want to go out with my new boyfriend.
I don't want to ask her for childcare, which means I hardly ever get to go out.
I want to talk to her about all of this, but I'm worried it'll descend into a blazing row.

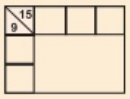
COLEEN SAYS

If you're worried about a face-to-face confrontation, then why not say it in a letter? If you write it with love, and not anger, she won't react in anger.
Tell her you love the fact she brought you up to be independent and not to settle if you're unhappy. Reassure her you are getting on well with your ex and that you're not a single parent because your son's dad is still in his life.
Tell her you want her to see her grandson because she's a wonderful grandparent and you both love her. The chances are, she'll think: "Oh, maybe I'm being unreasonable."
Take the sting out of this difference of opinion and be very calm – hopefully she'll respond in the same way.
Also, look at other avenues for childcare – it's good to have a few options rather than feel you have to rely on one person.
Go out on the nights your ex has your son and, if you're getting on okay, talk to him about being more flexible when it comes to childcare.

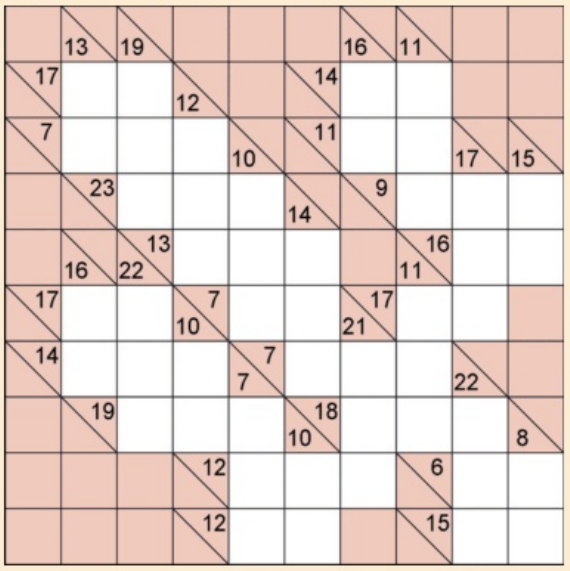
—Coleen Nolan, Daily Mirror

Kakuro

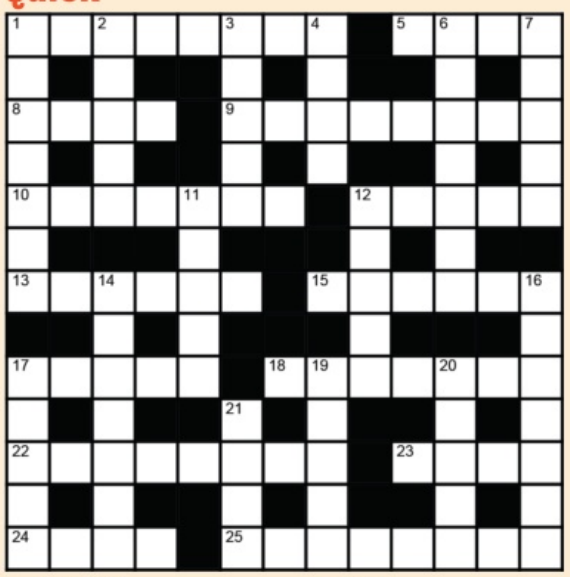
The numbers in the grey squares refer to the sums of the digits that you must fill into the empty spaces directly below or to the right of the grey square containing the number. For instance, in the given example, the 3 boxes horizontally next to 15 must contain 3 digits that add up to 15, whereas for 9, it is the 2 boxes placed vertically under it that must add up to 9. No zeros are used here, only the digits 1 through 9.



Note: A digit cannot appear more than once in any particular digit combination. For instance, in the example, we cannot have the combination of 4+7+4 for 15.



Quick



ACROSS

1 Way in (8)
5 Component (4)
8 Cry (4)
9 Suddenly (8)
10 Medical regression (7)
12 Ecclesiastical council (5)
13 Planetary paths (6)
15 Foundation author Isaac ___ (6)
17 Actress Merman (5)
18 Nimbleness (7)
22 Movie monster? (8)
23 A venomous viper from South Africa, a small hill or a mountain (4)
24 Filth (4)
25 Accredits, authorises or empowers (8)

DOWN

1 Prohibition (7)
2 Drying-cloth (5)
3 Gets closer (5)
4 Poetic Pound (4)
6 Thesaurus entry (7)
7 Played with (5)
11 Former President Pratibha ____ (5)
12 Japanese dish (5)
14 Jayachamaraja Wodeyar ____: Last king of Mysore and first Governor of Karnataka (7)
16 Long trips or journeys (7)
17 ___ on : encouraged or abetted? (5)
19 Bestow (5)
20 Perfect (5)
21 Tennis star Nastase (4)

Quoteuncode

This puzzle is a substitution cipher in which one letter stands for another. If you think that Q equals C, it will equal C throughout the puzzle. Single letters, short words and words using an apostrophe give you clues to locating vowels. Solution is by trial and error.

Today's CLUE: Q EQUALS G

VGKFTVQ TX JGAI XWZ KFWV KFI ZIWKF GM WV TUUNXTGV.

Linemaro

Can you scratch my back? My arms are far too muscular for me to reach

Mindchow

The trouble with having a body is that people know it's where you hang out and you don't get any privacy

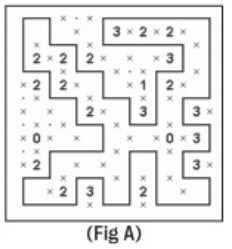
Joke of the day

There is a fine line between fishing and just standing on the shore like an idiot

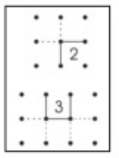
Loop

Rules

» Connect adjacent dots with vertical or horizontal lines, creating a single loop (Fig A). » Crossovers or branches are not allowed (As shown by dotted lines in Fig B). » Numbers in the puzzle indicate the number of lines that should surround it, while empty cells may be surrounded by any number of lines. » You can't draw lines around zeros. » Each puzzle has just one unique solution.



(Fig A)

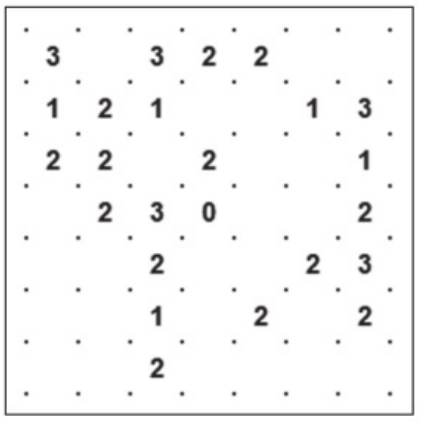


(Fig B) Not Allowed

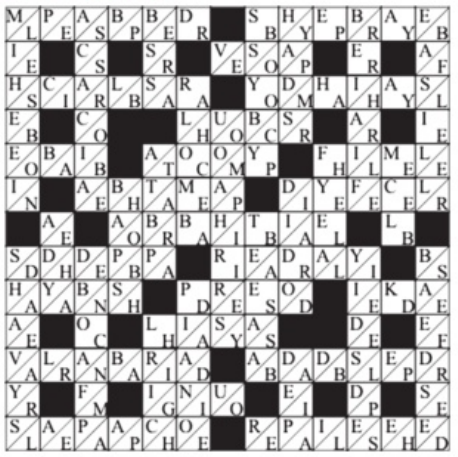
How to begin:

Example (Fig A) – Begin with the zero next to 3. Since no lines can be drawn around zero, mark crosses around it, as shown. Now there is a cross in one space around 3. So we know the three lines of 3 can only be drawn in the remaining three spaces. Next, these lines can only be extended in one direction each. Continue, using the same logic.

Hints: Keep eliminating possibilities by marking crosses in spaces between dots where a line isn't possible, i.e., if you have already completed required lines or where a line extension may create a branch or cause a dead-end (Fig B)



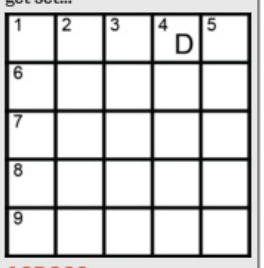
Strikeout



This crossword has no clues and the answer is there waiting for you. All you have to do is find it in each square. You have a choice of two letters, one of which you must strike out. If you choose correctly, you will be left with a grid that contains real words.

Fast five

How long do you think it will take you to unscramble the ten words shown below and fit them correctly into the grid in the order given one letter has already been entered to get you started? on your marks, get set...



ACROSS

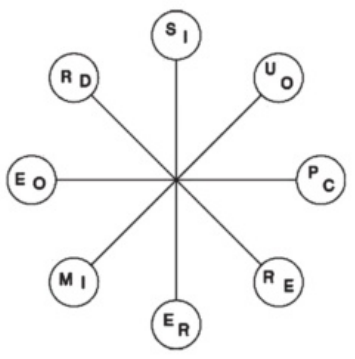
1 CD ass; 6 Ulcer; 7 Aider; 8 I dost; 9 Sodom

DOWN

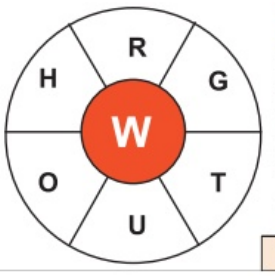
1 Cords; 2 Cored; 3 I a duo; 4 Dimes; 5 Lasts

Mensapuzzle

Work clockwise round the circles to spell out two eight-letter words that are antonyms. Each word commences in a different circle, and you must find the starting point of each. Every letter is used once each and all letters are consecutive.



Bull's eye



How many words of four or more letters can you make from the letters shown? Every word must contain the central letter. There should be one seven-letter word. British English Dictionary is used as a reference.

03 Average; 04 Good; 05 Outstanding

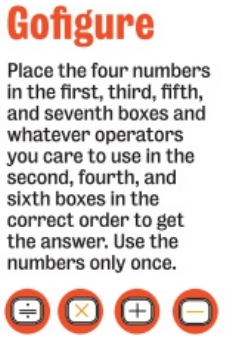
SudokuChallenge

		6			7			
					3	4	5	
	4					9	6	3
	1			6		3	4	5
		4				2		
7	5	3		8			9	
2	8	9					1	
	3	5	9					
			5			6		

To solve a Sudoku puzzle, every digit from one to nine must appear in each of the nine vertical columns, in each of the nine horizontal rows and in each of the nine boxes.

Gofigure

Place the four numbers in the first, third, fifth, and seventh boxes and whatever operators you care to use in the second, fourth, and sixth boxes in the correct order to get the answer. Use the numbers only once.



Easy = 4
2 7 8 9

Medium = 24
3 4 5 8

Hard = 28
2 7 8 2

Hocusfocus

Find at least six differences in details between panels.

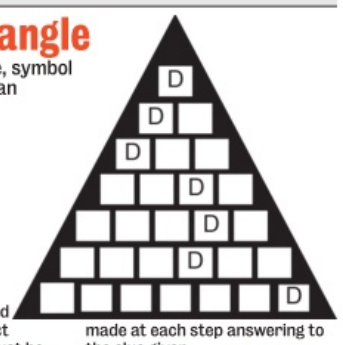
Differences: 1. Man is taller. 2. Collar is different. 3. Scale base is wider. 4. Fingers are not showing. 5. Front of desk is different. 6. Cabinet handle is moved.

Riddler

I, too, am not young I'm almost as old as Thing 1 I'm just a frog On the natural log But I can make counting fun What am I?

Alpha triangle

1 Hydrogen isotope, symbol
2 Yes for the Russian
3 Pat gently
4 Commanded
5 Rosary
6 Residences
7 Bragged



Beginning at the top move towards the bottom seven-letter word by adding a letter at each step and rearranging. A correct and different word must be made at each step answering to the clue given.

DIFFICULT TO SOLVE? FIND THESE SOLUTIONS ON THE NEXT PAGE

COMICS

Redeye by Mel Casson

Bizarrotrip

Add up the ages on all my ID cards & calculate the average.
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BIZARRO.COM
Bolt 45
OLD 1608
Wayno & Piraro 6-3-22
Dist. by King Features

Diamond Lil

SPRING WALKS INTO A BAR:
HI! WE'RE THE CHIGGER FAMILY...
AND WE'RE HERE ON VACATION!
WHERE ARE YOU STAYING?
WE RENTED YOUR ANKLES FOR TWO WEEKS
©2022 creators.com 6/3
www.creators.com

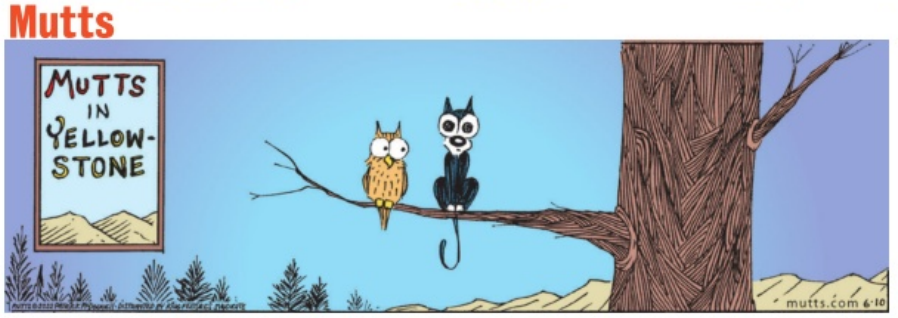
Hart of the city

I'M OUT! I'M DONE WITH THIS CREEPY STUFF!
HEART, IF I GET HAUNTED, I WILL MAKE YOUR LIFE A LIVING HECK!!
DANA, NO ONE IS GETTING HAUNTED.
WELL, WE CAN'T BE SURE ABOUT THAT.
DEAN!
I MEAN, IT'S UNLIKELY! BUT SHE HAS TO KNOW THE RISKS.
HEART OF THE CITY © 2022 ANDREWS MCMEEL

Crankshaft

HOW MUCH DID ALL OF THIS PEST CONTROL PARAPHERNALIA COST YOU, DAD?
BECAUSE I'M A BEAN'S END PREMIER-PLUS-PREMIUM-PLATINUM MEMBER...
I GOT A BIG DISCOUNT RIGHT OUT OF THE BAT!
5-31
BATIUK & DAVIS

Mutts



WHAT YOUR STARS SAY TODAY

Aries Mar 21 – Apr 20
You are blessed by the moon today and can expect good news in terms of your profession. Domestic life is likely to be in full swings of joy. You are advised to avoid making arguments on worthless topics. Over-excitement may test your patience. You can make important decisions in making investments in real estate. Students will be focused on their studies.

Taurus Apr 21 – May 20
You will feel some dullness today but are likely to get back to work. You may pay extra attention to your kid's academics. You are likely to be in a winning position against your enemies and opponents. Investors should be careful while making difficult decisions. Job seekers may find suitable work.

Gemini May 21 – Jun 21
Today you may find negative vibrations around you, which can make you unhappy. Avoid making investments on worthless assets. You may notice that friends may not be supportive today, so you should not expect more from them in terms of help, otherwise it could make you more upset. You should make independent decisions today.

Cancer Jun 22 – July 23
Today you may feel dull and could face obstacles on the work front. You should keep patience in making investments. Quick decisions in business are not advisable today. You are likely to spend money on worthless stuff, which can make your family unhappy.

Leo Jul 24 – Aug 23
Today your hard work may pay off in terms of success. You may plan to go for short work-related trips. Your juniors may support you in implementing your business plans. Your opponents may praise your hard work. You may hear good news in terms of your siblings.

Virgo Aug 24 – Sep 23
Today you may have good vitality and inner strength. You are likely to make good plans and will implement them efficiently, but you must carefully read documents before signing them. Due to over-enthusiasm, you may invest some capital in family business. Lovebirds should avoid negativity.

Libra Sep 24 – Oct 22
Today may not be the best day due to anxiety and restlessness. You may waste precious time on worthless tasks. You may plan to visit a spiritual place seeking peace of mind. You may get some advice from your elders, which will show you some direction to manage a messy situation.

Scorpio Oct 23 – Nov 22
Today social get-togethers will re-establish your network, which will give you benefits in the near future. Those related to glamour, art, fashion will plan to do something new in terms of their profession. Students will perform better today in terms of academics. Lovebirds will enjoy happy moments.

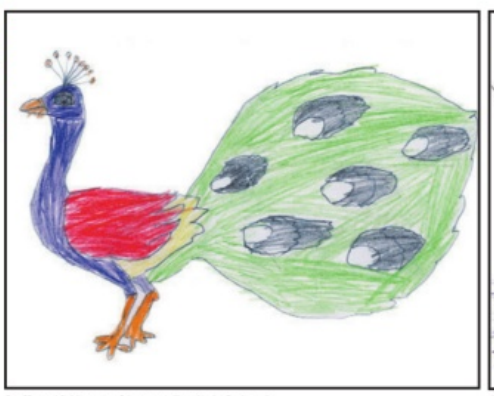
Sagittarius Nov 23 – Dec 22
Today you may be busy on the work front, which can make you tired. You might not be able to make it to a family get-together on time. You may be able to create some overseas networks. You should be careful in terms of investments. Promotions could come.

Capricorn Dec 23 – Jan 20
Today messy situations are under control. Your destiny is likely to be with you in terms of gains in business. You may get some rewards for your hard work. It may be a good time to re-initiate postponed projects. You can expect peaceful, spiritual travel. You may also plan to donate to charity.

Aquarius Jan 21 – Feb 19
Today you may be able to control your expenditure on worthless items. You may plan to invest capital in business. You may invest your savings into some real estate projects, which will boost your financial health in the near future. You may be polite with others. You may be able to focus on domestic affairs, but your spouse will become upset or will have some health issues.

Pisces Feb 20 – Mar 20
Today your moon is not in a good position. You may have health issues. You may face losses in business or investments. it is advised not to invest today. Your gains will convert to losses, so you are advised to stop making investments in worthless things. You should avoid being involved in controversies, otherwise it will pull you down negatively.

KIDZONE



Suffia, 10 Years, Shastri English School

Jesvin Suraj, 5 Years, St. Josephs School

Kidzone, Bangalore Mirror, No.4, KSCCF Compound, Pampa Maha Kavi Road, Chamrajpet, Bengaluru 560 018; Please send hard copies of your artwork in A4 size only.

SOLUTIONS

BULL'S EYE
grow, growth, throw, worth, WROUGHT

SOLVE IN 1M
= -8(4-3×2²÷2)
= -8(4-6)
= -8(4-12÷2)
= -8×(-2) = 16

RIDDLER
e, the base of the natural logarithm.

FAST FIVE

S	C	A	D	S
C	R	U	E	L
R	E	D	I	A
O	D	I	S	T
D	O	O	M	S

QUOTE UNCODE
Nothing is more sad than the death of an illusion.

STRIKE OUT

S	A	P	P	H	O	R	A	I	S	E	D			
R	M	A	G	N	U	I	D	E						
A	R	A	B	I	A	A	D	D	L	E	D			
E	C	H	I	S	S	E	E							
H	A	N	S	P	E	S	O	I	K	E				
S	H	E	B	A	R	E	D	L	Y	S				
A	O	R	B	I	T	A	L	L						
N	A	B	A	M	P	D	E	F	E	R				
O	B	I	T	O	M	Y	F	L	E	E				
B	C	H	U	B	S	A	I							
S	C	A	L	A	R	O	M	A	H	A	S			
I	C	R	V	O	A	E	A							
L	E	A	P	E	D	B	Y	E	B	Y	E			

QUICK

D	I	R	T		E	N	T	I	T	L	E	S		
E		U		I		N		A			E			
G	O	O	D	Z	I	L	L	A		B	E	R	G	
G		A		I		R			D		A			
E	T	H	E	L		A	G	I	L	I	T	Y		
	A		I		H						O			
O	R	B	I	T	S		A	S	I	M	O	V		
		A		U		Y								
R	E	L	A	P	S	E		S	Y	N	O	D		
A		E		R		A		O			E			
B	A	W	L		A	B	R	U	P	T	L	Y		
G		O		E		N		C			O			
M		O		E		Z		N			O			

MENSA PUZZLE
ENTRANCE, PARROT
MEDIOCRE; SUPERIOR;

SUDOKU

3	9	6	4	5	7	8	2	1
1	2	8	6	9	3	4	5	7
5	4	7	8	1	2	9	6	3
8	1	2	7	6	9	3	4	5
9	6	4	1	3	5	2	7	8
7	5	3	2	8	4	1	9	6
2	8	9	3	7	6	5	1	4
6	3	5	9	4	1	7	8	2
4	7	1	5	2	8	6	3	9

ALPHA TRIANGLE
D, Da, Dab, Babe, Beads, Abodes, Boasted.

GO FIGURE
Easy
8 - 2 + 7 - 9 = 4
Medium
8 - 5 + 3 × 4 = 24
Hard
7 + 8 × 2 - 2 = 28

LOOP

KAKURO

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Maali at IFFM

Pragya Kapoor's 'Maali' film will be having its world premiere at the Indian Film Festival of Melbourne (IFFM) 2022. The film will be screened on August 18

BangaloreMirror | 16
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How Deepika fought her inner demons

Actor credits her mom for recognising signs of depression

Deepika Padukone, who has been an advocate for mental health, opened up about her battle with depression and revealed that she was suicidal. The actor, who founded an NGO to raise awareness about mental health in India, gave due credit to her mother, who she says, recognised the signs and symptoms of her depression and advised her to get professional help.

Talking about her battle with depression, Deepika said, "I would break down for no apparent reason. There were days when I wouldn't want to wake up, I would just sleep because sleep was an escape. I was suicidal at times." She also revealed that she would often try to behave normally in front of her parents when they came to visit her. "My parents live in Bangalore so every time they visited me, even now when they visit me, I always put on a brave front that everything's okay. You always want to show your parents that you are fine."

In the past, Deepika admitted that there were times in her life when she 'didn't feel like living'. During an appearance on 'Kaun Banega Crorepati 13', the actress spilled her heart to Amitabh Bachchan saying, "I was diagnosed with depression in 2014. I used to feel weird that people don't talk about it. It was a stigma and people don't even know much about it. During that time, I realised that if I am experiencing this, then there would be many people out there facing depression as well. My ambition in life was that if I could save just one life, then my purpose was solved. We have come a long way now."

When Big B asked her how she knew she was suffering from depression, Deepika said, "I used to get a very weird feeling, like there was an emptiness inside me."

-ETimes

An important role

Priyanka Divaakar is happy to have got a chance to play an important role in Kannada movie Gubbi Marigalu. The first transgender person in the country to work as a radio jockey, Priyanka has already acted in four Kannada movies, but Gubbi Marigalu is different.

"I have to thank director Madhu Dhakanachar for giving me an opportunity to act in this film that conveys a much-needed message to society. I have tried my best to remove misconceptions about transgender people. Many people think that transgender people are only for begging and sex work. I play the character of a trans woman who adopts orphaned children," said Priyanka. Priyanka also was critical of some directors using transgender people as comic tropes. "With Gubbi Marigalu, it is proved that transgender people can play important characters in movies," said Priyanka. Priyanka has acted in Jayanagar 4th Block, and The Colour of Tomato. The film was shot at Kere Tannur in Mandya and Murundi in Hassan for 22 days.

-Y Maheswara Reddy

Meet the leading lady

Director Simple Suni is known for his diverse subjects. Now, he is introducing Ashika Ranganath in a lead role for his latest movie Gatha Vaibhava. He released a video on how he met Ashika and how she agreed to act in the film. "Gatha Vaibhava is a fantasy romantic comedy. The male lead plays a VFX artist. He imagines his lover as a beautiful Portuguese girl. Around 40% of the film was shot at the beautiful locations of Coorg, Devarayana Durga and Bengaluru," said Suni.

The director said he had made the video about introducing the female lead just for fun. With this movie, Dushyanth, son of Gubbi MLA S R Srinivas, is making his debut in Sandalwood. "I am happy with Dushyanth's work. He is a good actor," said director Suni.

Apart from writing the story, dialogues and screenplay and directing, Suni is also producing this movie under the banner of Suni Cinemas. The other producer is Deepak Thimmappa.

-Y Maheswara Reddy

Bunkum, says Bebo about ₹12 crore fee hike claim

Kareena Kapoor Khan found herself in the middle of a controversy last year after unverified reports claimed that the actress asked Rs 12 crore to essay the role of Sita for an upcoming film on the 'Ramayana'. The film apparently demanded a long time commitment, which allegedly prompted her to ask for the huge paycheque. The actress, who is currently promoting her upcoming film 'Laal Singh Chaddha', finally shut down the rumours saying she was never offered the role in the first place.

Over a year after the controversy erupted on social media, the actress explained her stoic silence on the issue saying, "I never gave an explanation because I was never offered that."

In her interview with Zoom, she went on to reveal that the allegations against her were nothing more than 'made-up stories'.

Kareena said, "I don't even know why I was put into that because I wasn't the choice for the film. These all are made-up stories and I don't want to put anybody down because even they need stories. Every day people are looking for some sort of stories on Instagram but I don't know where it came from."

Previously, when the actress was quizzed about the same, she just brushed it aside by shaking her head and saying 'yeah, yeah...'

-ETimes

Lashana Lynch to star as Bob Marley's wife Rita in biopic

No Time to Die' star Lashna Lynch has been tapped to play the role of Bob Marley's wife Rita in the untitled biopic on the Jamaican singer. According to the reports, actor Kingsley Ben-Adir is portraying the legendary reggae musician.

"King Richard" helmer Reinaldo Marcus Green is directing the movie from a script he co-wrote with Zach Baylin. Rita, Ziggy and Cedella Marley will also produce on behalf of banner Tuff Gong along with Robert Teitel. Bob Marley is credited for changing the global music scene by introducing reggae genre through his songs such as 'Get Up', 'Stand Up', 'One Love','No Woman, No Cry,' , 'Redemption Song' and 'Could You Be Loved'. He died of cancer in 1981 at age 36.

Fantasy is full of horror

Kannada movie Fantasy, a psychological horror thriller, is all set to hit the silver screen on September 1. The story of Fantasy revolves around the incidents that take place in Bhaskar Ponnappa's family in Coorg. "It is a fiction but has all the ingredients to keep the audiences engaged while watching this movie at theatres. Priyanka Shivanna and child artiste Anurag S Patil are the main artistes in this movie," said director Pavan Kumar.

Pavan Kumar worked with director K M Chaitanya, who handled the megaphone for Kannada movie Amma I Love You, and Guru Deshpande who directed Kannada movies Samhaara and Padde Huli.

"I am making my debut as a full-fledged director and producer with the movie Fantasy. I have already spent Rs 60 lakh on this movie which is scheduled to release on September 1," he said.

-Y Maheswara Reddy